OTTAWA C C NEWS WORTH SHARING.



LiVE 88.5_{fm}



A 'POUTINE' INVESTIGATION OF OUR NATION'S 'LOONIE' LANGUAGE PAGE 14



Cover up my what?

Three Ottawa Convention Centre employees upset after they say they were locked out of their jobs for not hiding their tattoos





FAMILIES NEED A BREAK'

Provincial NDP Leader Andrea Horwath is interviewed by Metro's Jessica Smith Cross in the Metro Toronto newsroom last week. In the first of a series of one-on-one interviews with provincial party leaders, Horwath tells Metro about her party's flagship plan to scrap the HST on home heating bills. See story, page 6. DAVID VAN DYKE/METRO



Land a winner – fly Porter to downtown Toronto.

When you fly with Porter, you land right in downtown Toronto – just a horseshoe's throw (or a speedy shuttle ride) from the heart of the city. So for your next visit to Toronto, aim for Porter.



porter

Save on air & hotel packages at porterescapes.com**

metronews.ca NEWS 03

Get junior on track with the Junior Roller Derby

Come one, come all. Sport that started for grown women now has leagues for boys and girls of all ages

It might seem difficult to imagine roller derby as anything but a violent adult sport, but on Sunday, kids as young as nine showed off the skills they'd learned playing with the Ottawa Junior Roller Derby (OJRD) — a non-profit league aimed at providing boys and girls with a safe way to learn the flat-track version of the sport.

It's a modified, low-contact, kid-safe version, but it uses regulations established by the Women's Flat Track Derby Association.

"We have levels of contact, from non- to low contact, so there's no large hits like you'd see in the adult women's game," said Alison Jetté, one of the organizers of the league and an avid derby player herself. "The kids at this level use positional blocking, they'll step in the way of another player."

Low contact or no, there were still some spills, but no tears and lots of smiles at the Pinecrest Recreation Complex as the kids on opposing teams

More info.

To sign up or get more information go to Ottawa.Junior.Roller. Derby@gmail.com



vied to get their "jammers" (the player who can score) to skate through a bunched-up group of opponents and then try to lap the players for points.

Organizers say derby is the fastest growing sport in the world with leagues popping up on almost every continent. What started as a women's sport expanded to include men's and co-ed leagues and has now evolved to include junior versions. OJRD, establishing itself as a fun and safe way for kids and teens to stay and get fit, is recruiting people aged nine to 18 who want to learn how to play flat-track roller derby, to improve their fitness, and most of all, to have fun.

There are already women's and men's roller derby teams in Ottawa. Coached by some of the city's best derby skaters, OJRD is closely affiliated with the Rideau Valley Roller Girls, but shares no practice time with its adult members.

LAURA MACLEOD/FOR METRO



Ottawa Junior Roller Derby players jostle as a jammer tries to get through a bunch during a game at the Pinecrest Recreation Complex on Sunday. SEAN MCKIBBON/METRO

City plans to hot-box pot ... holes, that is



The city's public works department wants to do more hot boxing with its vehicles, but don't get the wrong idea — the only pot involved will be potholes.

The department needs up to \$360,000 of taxpayers' money to buy seven new "hot boxes" which are used to heat asphalt to keep up with the "increased demand" in fixing the city's potholes, according

to a report from deputy city manager Steve Kanellakos.

Last year, the city recorded 7,115 service requests from the public for potholes through 311, the report says. Surprisingly, there have already been 6,574 calls from residents about potholes so far in 2014, and it's only the beginning of June.

Last year saw the highest number of potholes fixed in Ottawa — 193,224 — by the city's road crews in the past five years. So far in 2014, that number has reached 126,464.

The transportation committee is being asked to approve the purchase of the seven new hot boxes at a cost of \$280,000 because the current 18 hot boxes the city already owns are not enough.

But the city also wants the option to purchase a new asphalt spray applicator unit with a price tag of \$80,000.

The spray unit lets crews clean the pothole with a burst of air and seal it with a "mixture of emulsion and aggregate"

All eight units will cost taxpayers \$360,000, according to the report. The transportation committee will vote on the purchases on Wednesday. JOE LOFARO/METRO

Separate stabbings

Violent weekend sends two men to hospital

Two Ottawa men were hospitalized over the weekend after two separate stabbings in the city.

The first stabbing occurred in Vanier on Laval Street at 8:11 p.m. Saturday. Paramedics treated a 58-year-old man and controlled his bleeding.

He was sent to hospital in stable condition.

The second stabbing happened about two hours later in Little Italy on Loretta Avenue. On arrival, paramedics treated a 34-year-old man for a stab wound and took him to hospital in stable condition. JOE LOFARO/METRO

Deschenes Rapids

Dangerous weekend on water

Water rescue units from Gatineau and Ottawa fire departments were looking for a man in the area of the Deschênes Rapids on the Ottawa River Sunday evening after rescuing one man just before 5 p.m. near Houle St. in Gatineau. METRO

National Arts Centre

Happy 45th birthday, NAC!

Canada's National Arts Centre will celebrate its 45th anniversary today with a free exhibition in the Southam Hall foyer. The exhibit features rare photographs and memorabilia from the past 45 years.

"It's a national stage

for Canada's most talented artists and an extraordinary showcase for the best in the performing arts," said Peter Herrndorf, CEO of the NAC in a news release. "We've done it all these years thanks to the vision of the NAC's brilliant, artistic leadership."

The NAC bills itself as the only bilingual, multidisciplinary performing arts centre in Canada, and one of the largest in the world. METRO

Tattoo policy 'infuriating'

Dispute. Inked Ottawa Convention Centre workers complain of being locked out for not adhering to dress code



Three Ottawa Convention Centre employees say they have been locked out of their jobs because they refuse to cover up their tattoos.

Nyema Williams, Johnny St-Amour and Dan Caissie — unionized employees who clean and set up rooms at the centre — say they were sent home earlier this week because they did not wear the long-sleeved shirts mandatory for inked employees.

Now they say their key cards do not work and they are not allowed back on the job because they won't comply with the tattoo rule.

"The policy is based on prejudice," said Caissie. "It's based on the perception that people will be offended by tattoos — not the content of the tattoos but the existence of tattoos in the first place. It's infuriating."

They all had their arm art when they were hired at the old Ottawa Congress Centre. But they say managers started cracking down on the policy and asking them to cover up after they moved into the Ottawa Convention Centre in 2011.

None of the tattoos are inappropriate or hurtful, they say, nor have they elicited complaints from clients.

Daniel Coates, the manager of marketing and communications for the OCC, denies that the three employees are locked out of the building. However, he says they were asked to leave because they refused to comply with a policy that has been in place since the days of the Ottawa Congress Centre.

"The hospitality industry relies a lot on image and serving the public and it's always best to stay sort of neutral when you're in that industry, so we make our employees wear uniforms," he said, adding that the OCC wants to find a solution with Williams, St-Amour and Caissie.

"We want them working ... but we have a policy in place that employees are to adhere to."

Williams, St-Amour and Caissie say they will continue showing up to work every day regardless of whether they are allowed on the floor.

Paul Hinger, unit chair of the United Steelworkers Unit, says they will take arbitration measures if necessary.



Pants puller arrested again for alleged sexual assaults

Just over one year ago, Gavin Sean Griffiths stood up in an Ottawa courtroom and apologized for a series of sexual assaults in which he pulled or tried to pull women's pants down.

On Saturday, Ottawa police charged him again with three new counts of sexual assault for another string of incidents alleged to have happened on bike and walking paths in the New Edinburgh area. Griffiths was also charged with two counts of mischief and one count of breach of probation.

Police say the assailant in these latest incidents is described as a white man in his 20s riding a bright yellow bike.

Griffiths was arrested in May 2012 after police re-



leased a composite sketch of a man they said was responsible for several pants-pulling incidents

Griffiths told his nine victims in court last May he was sorry before a judge sentenced him to 10 months at the St. Lawrence Valley Correctional and Treatment Centre.

"No woman should worry about leaving their home for safety reasons. I'm not an evil man," said Griffiths, who was then 26.

Anyone with information on the latest sexual assaults is asked to contact the Ottawa police sexual assault/child-abuse section at 613-236-1222, extension 5944, or to phone Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO/METRO
WITH FILES FROM GRAHAM LANKTREE

Soccer. Fury take down FC Edmonton in dramatic last-minute fashion

In front of a sellout crowd of 3,207 the Ottawa Fury FC pulled out a last-minute 1-0 victory over rivals FC Edmonton.

The Fury dominated possession and had the majority of chances on goal, but they were denied time and time again by Edmonton.

In the 15th minute, Ottawa striker Carl Haworth made a darting run inside the Eddies box but his attempt on goal was blocked. A follow-up by Brazilian winger Oliver flew just over the net.

Edmonton would respond in the 23rd minute as a Neil Hlavaty shot from a distance forced Ottawa goalkeeper Devala Gorrick to make an acrobatic save. It was Edmonton's only dangerous chance of the game.

Controversy came late in the first half as a shot on net



The Ottawa Fury celebrate what would become the winning goal by Tommy Heinemann in their 1-0 defeat of FC Edmonton Saturday. COURTESY STEVE KINGSMAN

by Haworth was seen to have been blocked by an uncalled hand ball. The game ended scoreless at halftime.

Early in the second half the Fury looked to pull ahead, but a goal by Oliver was called back due to a foul on the play. Ottawa's Tommy Heinemann, back from injury, finally broke the Edmonton defence and put a ball played by Fury captain Richie Ryan into the back of the net in the final minutes.

TIMOTHY COATES/FOR METRO







NDP Leader Andrea Horwath says a Sudbury woman has electric heating, a \$15,000-ayear hydro bill and not enough money for a retrofit.

"I know that families need a break," she said. "They tell us all the time that they can't pay their bills and they can't afford everyday life. And I'm going to listen to those people and find solutions that make sense to them."

Horwath defended her flagship plan to take the HST off home hydro bills in an exclusive interview with Metro last week, as part of our series of one-on-one meetings with provincial party leaders.

Metro's Matt Elliott had questioned how the HST plan aligns with the NDP's progressive history in a recent column. He wrote that, as it is a percentage of the total bill, it "saves a bit of money for the low-income person in a tiny apartment without air conditioning and a lot of money for the rich family in the 6,000-square-foot house with an indoor pool and a heated driveway."

"People shouldn't be falling off their chairs in shock — no pun — when they open their hydro bills," said Horwath, in response to the column.

"I think it's not a good thing to make assumptions about how this will affect low-income people or everyday people. It's something that I've heard from lots of different people that will make a big difference in their lives and that's why we're committed to it."

In the interview, Metro asked about a letter written by a group of established NDP members who charged that Horwath had taken the party to the right in an attempt to win conservative votes. The letter specifically took issue with prioritizing paying down debt.

When asked about the letter, Horwath said NDP father of medicare Tommy Douglas also believed getting out of debt should be a priority so that more money could go into



ANDREA HORWATH:

In the first in a series of Metro interviews with provincial leaders ahead of the June 12 election, Andrea Horwath talks about making ends meet: for citizens and at Queen's Park. For video highlights, go to metronews.ca.

STANDING ON THE PRAIRIE GIANT'S SHOULDERS

policies that help people rather than interest payments.

"I actually walk in the footsteps of the Prairie giant (Douglas), I walk in the footsteps of New Democrats like Roy Romanow, like Ed Broadbent, frankly, like Gary Doer from Manitoba who know that first and foremost we're using the public purse for the public good," said Horwath. "That's certainly a tradition that I'm

proud of."

Asked about how that rationale fits the \$815-milliona-year plan to take the HST off hydro bills — the most expensive new promise in her party's platform — Horwath said she remains committed to traditionally progressive policies.

"I'm going to put \$100 million into stabilizing our childcare system, because parents should be able to access childcare that is affordable, that's licensed and that meets their needs," she said.

She pointed to the Liberal government raising the minimum wage to \$11, tied to inflation, and Horwath said her party wants to raise it higher. She's announced she would like to see it at \$12 by 2016 (although that promise was not mentioned in the party's platform documents).

"We think it makes sense to try to give people the opportunity to make ends meet, when it comes to their paid employment. At the same time, we want to make sure that the mom-and-pop businesses on Yonge Street and all the vibrant great retail districts across the GTA, across London, across Hamilton, across all of the municipalities continue to thrive. And so that means,

in a small way, reducing those small business taxes so they're able to pay higher wages to their staff."

Horwath also pledged to set up a minister of Savings and Accountability tasked with finding \$600,000 a year in government waste. She said an NDP government would look to reduce middle management in the civil service but couldn't say how many jobs her government would eliminate.

She also suggested taking a page from home economics and buying in bulk.

"I know so many people who are trying to make savings at the end of the month, to try to make their budget work, who buy at the Bulk Barn, for example, because it's frugal," she said.

"We should be doing that kind of thing in government.... And I certainly won't be spending \$1.1 billion on gas plant cancellations. That's for darn sure."

Liberal "corruption" has been a theme of her campaign.

"You know it's interesting: From Day 1 in this campaign, Ms. Wynne has been trying to run away from the Liberal record, when in fact that's very much exactly what this campaign is all about. I will certainly not stand by and allow the Liberals to try to sweep their record of waste, their record of scandal, their record of corruption, under the carpet," she said.

Horwath wouldn't speculate on her ability to work with the Liberal party if the legislature ends up in a minority situation.

"I'm not going to presuppose where we're going to end up on June 12," she said.

"This is a very interesting time for Ontario and a very good opportunity for the people of this province to think seriously about what kind of government they don't want, and what kind of government they do want. I'm going to give them the respect of letting them make that decision before I presuppose any possible outcomes.

"What they can know for sure is that after June 12, whichever role they give me, whichever position they honour me with when the time comes, I will work diligently on their behalf."

Highlights

On corporate taxes:

"We're going to roll back some of the corporate tax (cuts) that the Liberals have implemented, so we're going to take that corporate tax rate up just by one per cent, very modest."

On tax increases for highincome earners: "We were proud to be the first jurisdiction in North America that's even gone down that road, to put a higher income tax in place. I think because we had the courage to do that in the first budget of this minority parliament that we've just seen end, I think that provided opportunity for that kind of initiative to continue."

On the NDP's proposed caregiver tax credit:

"If you have an elderly mother or father or aunt or uncle or an adult child that you're taking care of who may have disabilities, we are going to provide a \$1,275 tax credit to help defray the cost of the care that you're providing to those family members."

On electoral reform:

"It's something that we know needs to be considered here in Ontario and frankly in Canada, but the challenge is that there hasn't been a great deal of commitment to really engage Ontarians, to engage Canadians in that discussion. The last time we had a chance to do that the (Liberal) government of the day failed."

On creating an Ontario pension plan:

"We're into a federal election no matter what next year and we're going to get a sense of whether or not we're going to get national leadership on this issue in 2015 with a new prime minister. If we're not, then there's certainly plenty of time for us to look at the Ontario situation in isolation

from the rest of the country.
And we're prepared to do
that"

On the issue of a guaranteed minimum income:

"It's not something that is part of our plan at this point, but I certainly have been paying attention to the debate and I've been listening to it with great interest."

Do you know why a mortgage document is so big? It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments!

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

SPECIAL OFFER MORTGAGE RATE FIXED 5-YEAR TERM Variable 5-year term

Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

To take advantage of this limited offer, talk to a Scotiabank® advisor today.

www.scotiabank.com/mortgagerates



[®] Registered trademarks of The Bank of Nova Scotia.

^{*} All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. Scotiabank 5-Year Fixed Rate Special – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. **Scotia Flex Value® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the **Scotia Flex Value®** Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. The Scotia Flex Value Mortgage interest rate varies with Scotiabank Prime. These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply

[†] Assuming a mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately \$14,130 in interest. Alternatively, assuming the same mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of \$500 and increase your regular payments by just \$20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately \$18,923 in interest.

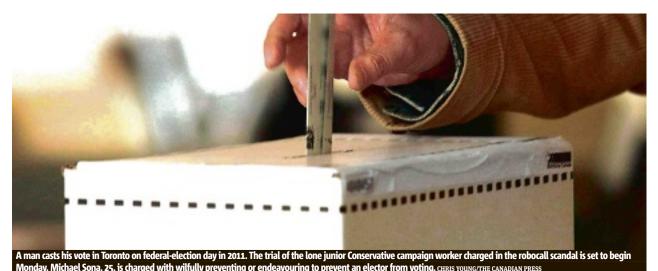
Trial to begin for only person charged in robocall controversy

'I had no involvement in this.' Michael Sona says there was a conspiracy to suppress non-Tory votes and he's the fall guy

After a three-year investigation into almost 2,500 complaints in 261 ridings across Canada, the robocall scandal comes down to a solitary trial of one junior Conservative campaign staffer in a single southwestern Ontario riding.

Michael Sona's trial is

Michael Sona's trial is scheduled to begin Monday. Sona, 25, is charged with "wilfully preventing or endeavouring to prevent an elector from voting," having allegedly orchestrated an automated phone message scam to send non-Conservative voters in Guelph to the wrong polling



stations during the 2011 elec-

Sona, who was communications director for Guelph Conservative candidate Marty Burke, is the only person charged in the robocall affair.

He maintains he's been scapegoated by his former party to protect those higher up the food chain who orchestrated what he believes was a conspiracy to suppress non-Tory votes that went well beyond Guelph.

"I had no involvement in this. At all," Sona told Huffington Post Canada in a pre-trial interview last week.

When Sona was first charged, his lawyer Norman Boxall argued that a public inquiry was needed to get to the bottom of the robocall affair, "rather than a charge laid against a single individual who held a junior position on a single campaign and who clearly lacked the resources and access to the data required to make the robocalls."

Guelph has been the epicentre of the robocall scandal. The commissioner of elections, Yves Cote, began an investigation into complaints about misleading automated calls in that city shortly after the election on May 2, 2011. When news reports in February 2012 first revealed details of the scam used in Guelph, they triggered a flood of more than 40,000 complaints to Elections Canada from all across the country.

In April this year, Cote burst the conspiracy-theory balloon, announcing that investigation had not turned up enough evidence to believe an offence was committed in any riding other than Guelph.

THE CANADIAN PRESS

CAREER TRAINING

Pursue Career Training as a Personal Support Worker

Graduate in 7 months and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/ residences



www.EverestCanHelp.ca

1-866-643-6377

OTTAWA EAST OTTAWA WEST

Everest | COLLEGE

BUSINESS . TECHNOLOGY . HEALTH CARE



Programs and schedules vary by campus • Morning and afternoon classes available Career services assistance available to graduates • Accredited Member, ACICS Financial assistance may be available for those who qualify



World Partnership Walk marks 30 years

Volunteers Elise Hoffmann, left, and Mariah Campbell have some fun with Khalil, 6, at the World Partnership Walk at Major's Hill Park on Sunday. This year marked the 30th anniversary of the event, whose proceeds benefit the Canada Aga Khan Foundation's development and anti-poverty projects in Asia and Africa. The top fundraising teams this year were Inspired Girls and Little People with Big Hearts. Last year, donations exceeded \$250,000. IDE LOFARO/METRO

metronews.ca NEWS (

Election campaigns about to get ugly?

Mudslinging. Experts say bombshells could be on the way

Despite allegations of corruption, recklessness, dishonesty and possibly criminal behaviour that have sprouted like noxious weeds on Ontario's campaign trail, this election has not been especially nasty, experts say.

However, they say, that's likely to change before voting day.

"It doesn't look that much out of the ordinary," said Dennis Pilon, a political science professor at York University.

"(But) there's going to be new bombshells dropped, particularly close to election day, when it will be too late and too difficult for campaigns to respond."

So far, the three main political camps have largely tended to avoid firing their mud canons directly at the rival party's leader, hoping instead enough dirt will stick by innuendo and association.

Whether the mudslinging proves effective in persuading people to vote one way or another — or perhaps not at all — remains to be seen, but it does appear to get people to take notice.

"By using those extreme terms, you certainly get the attention," said Alan Middleton, professor of marketing at the Schulich School of Business.

"What mud sticks: That's the key game that's going on."

THE CANADIAN PRESS



Close call, but cat'll come back

Ottawa firefighters used an oxygen tank to revive a cat rescued from a burning home Friday morning. Fire crews were called to the 400 block of Queen Mary at about 6:20 a.m. Two adults were outside the home, but firefighters braved the basement flames to rescue the family's cat and dog. One person was transported to the hospital for minor smoke inhalation. The cause of the fire is still under investigation. COURTESY OTTAWA FIRE SERVICES



FIDO STORES

Cornwall Square Mall, Cornwall 360 Maloney West Blvd., Gatineau Les Galeries de Hull, Gatineau Promenades de l'Outaouais, Gatineau Cataraqui Town Centre, Kingston 3777 Strandherd Drive, Nepean Bayshore Shopping Centre, Nepean Place D'Orléans, Orléans 216 Bank Street, Ottawa 70B George Street, Ottawa 530 Montreal Road, Ottawa 1379-A Woodroffe Avenue, Ottawa Billings Bridge Mall, Ottawa Carlingwood Mall, Ottawa College Square, Ottawa Elmvale Mall, Ottawa Merivale Mall, Ottawa St. Laurent Shopping Centre, Ottawa

→ FUTURE SHOP



WIRELESS etc... MOBILE SHOP



COSTCO.

MOBILE

((WIRELESSWAVE))



Offers are subject to change without notice. Taxes extra. +On the Fido network. Coverage not available in certain areas of Yukon, Nunavut and the Northwest Territories. Domestic roaming charges apply when outside the Fido network within Canada. Visit fido.ca/roaming for full details and applicable domestic roaming rates. 1. Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. 2. Additional data: \$5/100 MB, charged in \$5 increments. Visit fido.ca/roaming to learn more about data roaming pay-per-use rates. 3. Plans include messages sent from Canada on the Fido network to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 4. Airtime includes calls from Canada on the Fido network to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). 5. Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2014

'Miracle Baby' happy and healthy three months later

Stillborn. Though baby didn't breathe for nearly 30 minutes, mother says Mireya's development appears normal so far



Three months after her tumultuous birth, death and rebirth, the little girl known as "The Miracle Baby" appears to be a healthy, bouncing threemonth-old.

"Everybody asks, is there any health issues?" said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home Sunday afternoon. "But knock on wood, she's doing everything on time. She holds her head up, she turns to your voice, she smiles."

Mireya was apparently stillborn after a long and difficult delivery in March — but after



28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn, but she and her family have all the explanation they need.

"It's a miracle, and God is doing his work," said Pearleen Shephard, Cyr's aunt, who was in the delivery room offering "deep and strong" prayers for the baby's well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

"She gets a lot of attention," said Shephard. "A baby does demand a lot of attention, she's just getting some extra special

Relief begets anger

No explanation from IWK Health Centre in Halifax, where baby was born

- Robin Cyr said she's angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn't accommodated.
- Cyr's relatives said the delivery was torturous, and to this day say the video of the birth is "too traumatizing" for Cyr to see.

attention."

Mireya's story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

London. Shock fading as city copes with discovery of neglected, confined boy

The southeast London neighbourhood where police were shocked to find a 10-year-old boy locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children's Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy's aunt and uncle, who haven't been publicly identified to protect the child, have been arrested and charged with failing to provide the necessaries of life and forcible confinement.

SCOTT TAYLOR/METRO IN LONDON

Winnipeg

Frozen pipes for many despite heat

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it's a different story.

Hundreds of residents still have frozen water pipes.

Other cities in Canada and the U.S. grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg's problem has dragged on the longest.

The city says there are still around 400 properties that have frozen pipes and many of them are relying on neighbours for water.

THE CANADIAN PRESS



TORONTO STAR (

thestar.com

PHOTOGRAPHY AWARDS 2014

thestar.com/photographyawards

\$12,500 Cash & Prizes

10 Judges

9 Categories

1 Photographer of the Year



sponsored by:

Canon PIXMA PRO-100

No better way to showcase your work.

Universe-ity. Montreal to host International Space U.

These summer classes are unlike any other: They're out of this world.

For nine weeks the International Space University will be offering a wide array of sessions in Montreal, including a robotics competition and an all-female astronauts' panel.

At least 15 Canadians have signed up for the sessions, which run from June 9 to Aug.

The university's alumni boast impressive credentials and include astronauts, academic researchers as well as key players in major international space companies.

"The idea behind it was to effectively broaden people's knowledge of the global space community," David Kendall, director of this summer's program, said in an interview.

"Everybody comes in with a certain background and leaves, hopefully, with the understanding of the full spectrum of activities that are happening in space — everything from space art to rocket science and everything in between."

The institution was started

The International Space University was founded by MIT in 1987. It involves:

- 80 space experts, 115 student-participants from about 30 countries including 26 from China
- \$20,000 tuition. Scholarships available
- More than 3,700 graduates so far. At least 350 Canadians

in the aftermath of the Cold War and it was criticized and ridiculed for thinking it would be able to attract students from what was then the Soviet

"It's a very interesting neutral ground where the world's community comes together and I think it does a lot of good from that perspective," said Christian Sallaberger, chairman of the university board of trustees. The Canadian Press

NASA tests craft for people to land on Mars



NASA's saucer-shaped experimental flight vehicle being prepared for a Range Compatibility Test at the at the U.S navy's Pacific Missile Range Facility on the island of Kauai in Hawaii. NASA/THE ASSOCIATED PRESS

Falling saucer. Mars' thin atmosphere will require larger parachute, prototype test flight to take place Tuesday

The skies off the Hawaiian island of Kauai will be a stand-in for Mars as NASA prepares to launch a saucer-shaped vehicle in an experimental flight designed to land heavy loads on the red planet.

For decades, robotic landers

Watch the skies

"As long as I get data, I'll be very happy."

Mark Adler, project manager, NASA Jet

Propulsion Laboratories
On the high-altitude, high-speed, high-risk test-flight of NASA's prototype Mars atmos-

and rovers have hitched a ride to Earth's planetary neighbour using the same parachute design. But NASA needs a bigger and stronger parachute if it wants to send astronauts there.

Weather permitting, the space agency will conduct a test flight Tuesday high in Earth's atmosphere that's supposed to simulate the thin Martian air.

Cameras rigged aboard the vehicle will capture the action as it accelerates to four times the speed of sound and falls back to Earth. Viewers with an Internet connection can follow along live.

Landing has always been "one of the big technology challenges for a human Mars mission," American University space policy professor Howard McCurdy said in an email.

NASA plans more test flights next year before deciding whether to use the new parachute on a future Mars mission. THE ASSOCIATED PRESS



metr⊕

Indian police say three confess to rape, murder

Country outraged.

Two teenaged girls were assaulted and left hanging from a mango tree last week

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

The girls, from an impoverished family with no

toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind. Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, police said. THE ASSOCIATED PRESS



Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer coowner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former

His son, Drew confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, New Jersey, on Saturday night. There were no surviv-

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly. com by buying out their coowners for \$88 million — an agreement that ended a very public feud over the Inquirer's direction. THE ASSOCIATED PRESS

KICK YOUR GAME UP A NOTCH! CAMPS & PROGRAMS All camps at Algonquin College 9 AM — 4 PM **NASL HIGH** W-LEAGUE HIGH **SKILL** PERFORMANCE **PERFORMANCE DEVELOPMENT CAMP CAMP** CAMPS JULY 7 - 11 JULY 28 - AUG 1 JULY 14 – 18 & JULY 21 – 25 BOYS 8 - 14 YRS GIRLS 8 – 14 YRS GIRLS & BOYS AGED 6 – 13 Training under the direction of Fury FC Technical Director Phillip Dos Santos

Camp t-shirts

- **ALL CAMP** Ticket voucher to Fury FC & W-League Game
- PARTICIPANTS GET: Autograph session with Fury FC & W-League players & Mascot
 - Off-field training and activities

Details & Registration Online









Mount Rainier. Recovery of bodies of six climbers uncertain; they fell 1,000 metres on the difficult Liberty Ridge

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months,

Wold added that "there's no

certainty that recovery is possible given the location."

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty

'It's inconceivable that anyone survived that" fall, Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area. Air and ground searches were suspended late Saturday afternoon.

The group was on a five-

day climb of the Liberty Ridge route, one of the more technical and advanced routes. The missing group includes four clients of Seattle-based Alpine Ascents International and two guides. They were due to return from on Friday. When they did not, the climbing company notified park officials.

The group was on a fiveday climb of the Liberty Ridge route, one of the more technical routes up the mountain, and were scheduled to reach the summit of Mount Rainier on Thursday, with a day to climb down. The associated press

Cameroon

Nun and two priests freed after abduction

A Canadian nun and two Italian priests have been freed two months after they were abducted by armed groups in northern Cameroon, authorities said Sunday.

Gilberte Bussiere, a 74-year-old originally from Asbestos, Que., was kidnapped on April 5 along with Gianantonio Allegri and Giampaolo Marta.

All three had been working as missionaries. Bussiere's cousin, Michel Belanger, who still lives in Asbestos, said the family felt relief after weeks of worry.

"We were almost expecting the worst," he said.

But now, everything has changed, everything is fine. So we're very happy.'

A member of Montreal's Congregation de Notre-Dame, Bussiere arrived in Cameroon in 1979 and lived there ever since, working as an educator.

She returned to Canada briefly last year for health reasons, but soon went back "to the country and the people she loved," according to the congregation.

Bussiere required medication and the family was concerned she would suffer without access to medical care, Belanger said. Bussiere's congregation said she was reportedly in good health when she was freed.

THE CANADIAN PRESS

Dog disease gets the goose

New treatment.

Puppies with canine parvovirus treated with antibodies from goose eggs

A North Dakota company that discovered an antibody technology while trying to cure flocks of dying geese is using its research for a more warm and fuzzy purpose: saving puppies.

Early tests performed on about 50 puppies in seven U.S. states for Grand Forks-based Avianax have resulted in a 90 per cent cure rate for canine parvovirus, which spreads through animal waste and direct contact between dogs, usually at kennels, shelters and shows. Some puppies die from the virus and others are euthanized because the antibiotics and other medicine needed to treat it can be too expensive — sometimes up to \$2,000 — and take too long.

It isn't clear how many dogs contract parvo annually, since the disease isn't required to be reported. At the Kansas City Pet Project, one of eight test sites and among the largest shelters in the United States, about five cases a month wind up on the "parvo ward." Officials with Project, which is testing a treatment for the canine parvovirus based on

lies harvested from goose eggs. THE ASSOCIATED PRESS

the Missouri shelter believe the treatment will lead to a dramatic increase in their "parvo graduates."

"A lot of open admission shelters choose to not treat parvo because it's considered too much of a resource," shelter spokeswoman Tori Fugate

Avianax chief operating officer Richard Glynn hopes to start selling the parvoONE antibody-based treatment that is, harvested from the yokes of goose eggs — for \$75 a dose by next spring.

"I think there will be a lot of puppy owners who will be

very happy," Glynn said. The U.S. Department of Agriculture issued a conditional permit for the field trials that are taking place. Such permits are normally reserved for outbreaks or other dire situations, but this one passed muster because there's no product specifically targeted for parvovirus, said Jeremy Vrchota, Avianax's sales director and regulatory liaison.

THE ASSOCIATED PRESS

Electronic initiative

N.Y. state expands health records

New York has been quietly building a statewide system of comprehensive medical records, planning to open computer links where patients and doctors can reference entire health histories.

The statewide healthinformation exchange was started in 2007 and comprises 10 regional exchanges now being stitched together.

More than \$900 million has been spent so far building them — about half of it federal funds. Patients must sign consent forms to have records included.

A pilot program for patient access is scheduled to start this summer at two hospitals.

THE ASSOCIATED PRESS

No patent. Old drug works on prostate cancer

A cheap, decades-old chemotherapy drug extended life by more than a year when added to standard hormone therapy for men whose prostate cancer had widely spread, doctors reported Sunday.

Men who received doin generic form, lived nearly 58 months versus 44 months for those not given the drug, a major study found.

improvements we've seen in survival in adults" with any type of cancer that has widely spread from its original site, said Dr. Christopher Sweeney of Dana-Farber Cancer Institute in Boston.

Prostate cancer is the most said. common cancer in men. In the new cases are diagnosed each fusion. THE ASSOCIATED PRESS

year. About 30,000 annually are like the men in this study, with disease that has spread to bones or other organs.

The National Cancer Institute paid for the study, which took nearly a decade to do. The result shows the importcetaxel, sold as Taxotere and ance of federal funding for research that otherwise might not get done, said Dr. Clifford Hudis, who works at Memorial Sloan Kettering Cancer Center 'This is one of the biggest in New York and also is the president of the oncology so-

These are often studies that industry is less interested in funding, such as a new use for an old drug" that lost patent protection long ago, he

Generic docetaxel costs United States, about 240,000 about \$1,500 or less per in-

ADVANCE YOUR

Join the Pros.

Become a Chartered Professional Accountant (CPA). With a CPA designation you can fast track your career in business or finance. As a CPA you will have the professional credential that will expand your knowledge, broaden your prospects and enhance your reputation, now and into the future. CPAs are in high demand in every business sector.

Register for an info session to learn how to join the pros at www.goCPAOntario.ca/infosessions



metre 14 NEWS Plant Monday, June 2, 2014



Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use



LUKE SIMCOE Metro Online

The term "Canadian English" was simultaneously coined and admonished by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geike may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English,

for example. The entire existence of Canadian English is due to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, became the lingua franca of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing

commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

chart regional differences in

Canadian English

by taking a short survey. The results

upcoming story.

will be featured in an

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Dowereally say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

Archbishop Tutu.

Alberta's oilsands are 'filth' driven by 'greed'

A brief helicopter tour of the oilsands Saturday wasn't enough to shake Archbishop Desmond Tutu's conviction that the industry is doing massive harm to both the climate and the environment.

"It is important that we do something about the horrendous effects and impacts on the only world we have," he said after the brief Suncor-sponsored flight that took him over part of the company's operations.

Earlier that day, Tutu's judgment of Alberta's oilsands had been harsh.

"The fact that this filth

is being created now, when the link between carbon emissions and global warming is so obvious, reflects negligence and greed," Tutu told more than 200 rapt attendees at a conference on oilsands development and treaty rights in Fort Mc-Murray.

"Oilsands development not only devastates our shared climate, it is also stripping away the rights of First Nations and affected communities to protect their children, land and water from being poisoned."

THE CANADIAN PRESS



'Red card for FIFA!'

Demonstrators hold up a poster that reads in Portuguese "red card for FIFA!" as they protest the money spent on the World Cup outside the National Stadium in Brasilia, Brazil, on Friday. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which critics say will see little use after the big event.

Navel gazing. HBO's Silicon Valley a hit with Silicon Valley residents

When HBO rolled out a mockumentary poking fun at high tech this spring, Silicon Valley checked it out.

Initially, its namesake geeks and nerds who spend their days coding, developing and hacking in a red-hot tech economy weren't so sure it was funny: "Most startups are a soap opera, but not that kind of soap opera," said Tesla CEO Elon Musk, one of the valley's most charismatic billionaires, after a premiere.

But many were amused enough by the warped story of their lives to keep watch-



ing, and soon some of the biggest names in the Silicon Valley were singing its praises on the region's virtual water coolers.

THE ASSOCIATED PRESS

Just the (fund) facts



HOW TO ROLL Alison Griffiths metronews.ca

Not long ago mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk, three essential ingredients of investing, could be ignored completely when advisers sold mutual funds to clients. But Fund Facts, an initiative of the Canadian

Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost, or fund expenses (called the management expense ratio or MER), is detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you \$21.20

for every \$1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent, then your fund is an

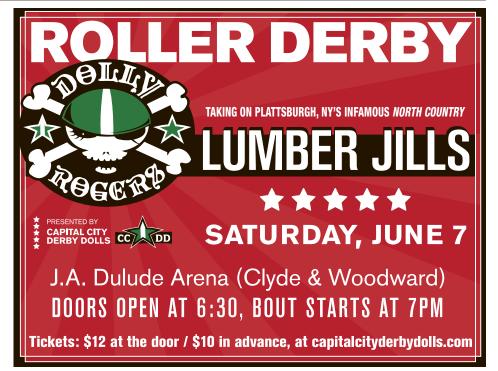
underperformer.

Still, Fund Facts is a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.





metr⊕ **VOICES**

PARKINSON'S LAW OF TRIVIALITY

time a decision-making body spends on debate will be inversely proportionate to the amount of money involved, so that the multimilliondollar road budget passes without a peep while the \$50 coffee fund is subjected to endless dis-

It wasn't a perfect illustration of the maxim, but two matters city council wrestled with last week each took up about a quarter of the hourlong meeting. One was a somewhat controversial condo development proposal at Wellington West and Island Park Drive, where the cost of the land alone would be just under \$6 million.

The other was a seemingly innocuous suggestion that city pools offer two-for-one admissions and a few free swim periods this Saturday for National Fitness Day, at an estimated cost of \$1,500 in lost revenue.

As councillors opined in succession on the wisdom of this latter scheme, and why particular pools in their riding weren't included on the list of five facilities offering a free swim, even Mayor



Steve Collins ottawa@metronews.ca

pointed out, "Just to recap, we're dealing with about \$1,500 and we have four more speakers, so put that in context." The Wellington Street condo plan had, to be fair, already been through the wringer at planning

pinching a nickel until the beaver cries, tartly

committee. The developer had requested an exception to community design plan restrictions to allow a twelve-storey height. Unusually, while city staff advised against it, local councillor Katherine Hobbs and many residents were on board, won over by the developer's efforts to consult with them on the design.

"We had 30 people come and speak at planning that were registered to speak and only three out of 30 were against the project," said developer Sam Mizrahi. "That's

unprecedented in any planning committee meeting for any project anywhere in Canada."

Parkinson's Law notwithstanding, the modest pool promotion finally passed, while the rejected condo project appears to be headed for a lengthy replay at the Ontario Municipal Board.

Little things can command disproportionate attention. Spring rolls, for example. The Sparks Street Mall's management garnered the wrong sort of publicity for their new market program last week, when it decided to bar market vendors from offering fresh-cooked food. The ready-made eats, restaurant owners along the street complained, were competing with their business -- eating their lunch, even.

So customer choice was limited by decree, and the established businesses got to hang onto a bigger piece of a smaller pie, as if the lunchtime crowd can't wander a couple of blocks to the nearest food cart or the Byward Market or Elgin Street, or the food court at the World Exchange Plaza, or, well, you get the idea.

I watched Jeff O'Reilly, GM of D'Arcy McGee's, on Sparks last week as he dealt with another sea of tiny problems, making a Sisyphean broom-and-dustpan patrol of his pub's environs to sweep up the endlessly-replenished crop of cigarette butts.

The mall authority, he told me, won't permit containers for butts, on the grounds that it encourages smoking. But it's nicotine that encourages smoking, and the failure of this policy is lying around everywhere. I wonder how long they debated it.

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. mwn

Artist's viewpoint

"I really enjoyed it be-



cause it was like a modern **take on** a famous

inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating."

Cheryl Lipstreu, body artist based in Winston-Salem. N.C.

By the numbers

hours is how long it took Lipstreu to paint the models.



reveals it is actually made up of cleverly painted people. RENE RODRIGUEZ/BOURNEMOUTH N/REX

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

"The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me," he said. "Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals." www

SEE THE NEWS COME ALIVE...









In this issue, you can find AR enhancements on page 17 in Scene and page 22 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate the country's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks

to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder "James Rodriguez," whose two-footed namesake plays for French club Mon-

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncholike woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

"The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured," said Ramiro Barragan, Nobsa's mayor.

aco. The associated press



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker
• Managing Editor, Ottawa Sean McKibbon • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Sales Manager lan Clark • Distribution Manager Joel Orlik
• Vice President, Content & Sales Solutions Tracy Day • Vice-President, Creative and Marketing Services Jeff Smith • Vice-President, Finance Phil Jameson • METRO OTTAWA • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2
• Telephone: 613-236-5058 • Fax: 866-253-2024 • Toll free: 1-888-916-3876 • Advertising: 613-236-5058 • adinfoottawa@metronews.ca • News tips: ottawa@metronews.ca • Letters to the Editor: ottawaletters@metronews.ca

Ebooks



Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

• • • •



MIND THE APP Kris Abel @RealKrisAbel scene@metronews.

It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with \$70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

Cher Lloyd wants to apologize for being late

Comeback kid.

After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY

Metro World News in Boston

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me



is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her

Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

Lyrical analysis

A butt and a rack. Llovd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relat-

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits." she says.

by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says.
"I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

A tale of male ego gone horribly wrong





EHRBAR
Metro World News in Hollywood

South African actor Sharlto Copley has put a lot of thought into the decisions his character, Stefan, makes in Maleficent, betraying the title fairy (played by Angelina Jolie) and setting her on a path of revenge. And those thoughts quickly became a lot of thinking about society, gender roles and the male ego.

Stefan is pretty much the villain in this story, but you can't really oversimplify him as such, can you?

I don't like playing villains. I'm not an actor who enjoys it more. But in this case, I felt like this was an opportunity in a very female-centred film to play the kind of cautionary tale for men of what can happen to that male ego, the male desire and ambition for power. It's a very stereotyp-

ically male trait. And when that runs away with itself and is left unchecked, what happens then? How many stories can I tell you of very successful men who destroyed their families — they traded in their wives for younger versions as soon as they were successful, they didn't spend time with their kids. That's what King Stefan is in an extreme version. I'm guessing there's very few billionaires

who were faithful to their wives. I'd be fascinated to see the stat on that.

I was joking to a friend that the film could be seen from Stefan's perspective as a cautionary tale about crazy ex-girlfriends.

It is definitely also a cautionary tale about crazy ex-girlfriends, I could see that working. "Sorry, this is really awkward." That's great.

metr

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A castle fit for the wedding of King George?



STARGAZING

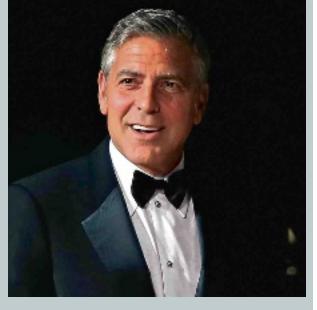
Malene Arpe
scene@metronews.c

George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of \$350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K.



That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Michael C. Hall admits he doesn't know if he even watched the finale of Dexter. Experts reckon that as Michael doesn't have a persistent urge to punch his television whenever the word "lumberjack" is mentioned, he didn't.

This week in apologies: 1) It's not true that the matter of Chrissie Teigen and Kris Jenner both wearing a \$9,000 Alexander McQueen jacket during the Kimye wedding celebrations was resolved "by spider fighting." 2) There is no proven correlation between Nikki Reed filing for divorce and dying her hair blond. 3) When we wrote that Carrie Fisher was "fighting for the buns" in reprising Princess Leia in Star Wars VII, we didn't know she was talking about her hair. We sincerely apologize to Cinnabon for the unkind words.

Pitt prankster faces probation, therapy

Ukrainian prankster Vitalii Sediuk may have crashed his last red carpet. The TV reporter pleaded no contest to battery charges in L.A. Friday following his accosting of Brad Pitt at the Maleficent premiere, resulting in a sentence of three years' probation and 12 months of therapy as well as a restraining order to keep him away from Pitt, Angelina Jolie and their family. Sediuk also made headlines last month for sticking his head up America Ferrera's dress at Cannes and last year for trying to kiss Will Šmith on the lips during a red carpet



London calling to Lohan

She's London's problem now. Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun. "Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track.

metronews.ca LIFE 19

Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home



VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships:
Remember that New Year's
Resolution you made six
months ago to get fit? You
bought the outfit. You
bought the shoes. You bought
the gym membership. Six
months later, they're still
taking that money out of
your bank account every
month, but you haven't seen
the inside of the gym in
weeks. Hey, you don't have
to spend that money to get
healthy. Find a way to work
out for free and get your
bank balance healthy, too.

2. Cable: It's not unusual for folks to drop \$100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you



pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need \$20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with

each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you have to lay your hands on cash, do it at the grocery store as a cashback so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a

sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending \$600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the Journal of the American Osteopathic Association, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

then scoured line by line and compared to trusted, peerreviewed sources of medical information.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related dis-

Down-at-heal doctoring

47-70%

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

orders, which was accurate at the time of review, according to the experts, although errors could of course be added at any time.

These conclusions underscore the necessity of doublechecking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. AFP

Stitching up great success in style blogs

When closets compute.

The world's fashionfuelled minds are fast turning typing into a fashionable pursuit

ANDREA PARK

Metro World News

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a



lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Freddy Rodriguez

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "allstar" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting

college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Charchian, 20, is still a student, but the blogger behind Fashionisto Diaries already has a manager.

Charchian credits his start in Washington, D.C., where the fashion blog scene was not as crowded as the one in New York, as an advantage; even as a high school student, he received invitations to fashion events around the city. F.I.T. seemed like a natural fit when he applied to college and Charchian has been taking advantage of life in New York City by taking on various internships at Vince and now at Tumblr.

"The things I'm passionate about I take 110 per cent," he said. "I will admit there were times I could be so much more studious, but I love my blog and I love what I do."

By making the decision to call Algonquin Careers Academy, you're saying goodbye to "job hunting" and hello to an exciting new career. CONSIDER A CAREER IN HEALTHCARE: MEDICAL OFFICE ASSISTANT MEDICAL LAB ASSISTANT PERSONAL SUPPORT WORKER PHARMACY TECHNICIAN PHARMACY ASSISTANT Classes starting soon 613-722-7811

Make it work!

Charchian interviewed Tim Gunn for his blog when he was just 15, and he has been on the up and up ever since

 Charchian has more than 60,000 followers on his blog and is now foraying into the world of vlogging (video blogging). He's also still friends with Tim Gunn.

"We went to his apartment and shot his closet and I was one of the first press people to see his closet, which was the most stunning and organized thing I've ever seen in my life," he gushed of his mentor.



www.algonquinacademy.com

BECOME A RESPECTED ADDICTIONS & COMMUNITY SERVICE WORKER

COMMUNITY SERVICE WORKER DIPLOMA (46 WEEKS) JOB

If you're a patient, caring individual who enjoys helping others and you're looking for a career that will be both personally and professionally rewarding, you owe it to yourself to explore a career in Community Service.

1830 Bank St, at Walkley station

JOB OPPORTUNITIES IN:

Addictions Worker • Group Home Support Worker
Community Service Worker • Women's Shelter Worker
Corrections Facility Professional • Youth Worker
Wornen's Centre Coordinator • Counsellor

for details, email: inquiries@ottawa.williscollege.com

613.233.1128 • WILLISCOLLEGE.COM • OTTAWA • SMITHS FALLS • ARNPRIOR

metronews.ca
Monday, June 2, 2014
LIFE 21

Fibre, nutrients and protein make pasta salad an easy three-in-one deal





During the warmer months, I love a healthy pasta salad that can be served at room temperature.

I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal.

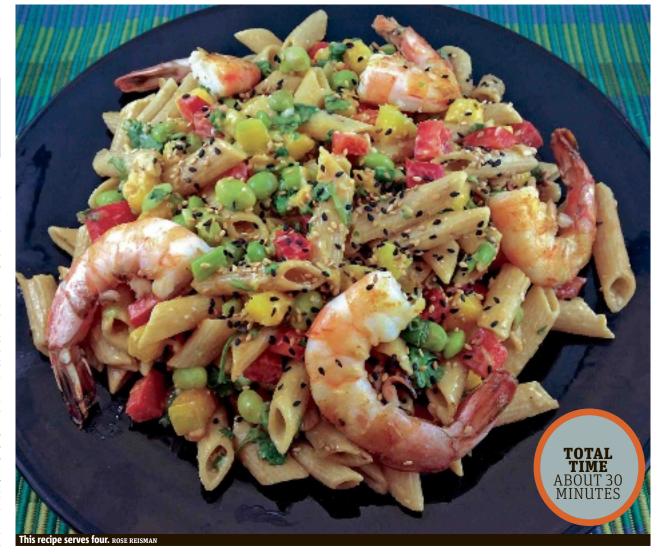
This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out

Feel free to substitute



the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed

with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add

mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl,

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp **Hoisin sauce**
- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt Garnish
- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

Nutritional information

Per serving

- Calories. 270
- Carbohydrates. 40 q
- **Fibre.** 8.5 g
- Protein. 4 a
- Total fat. 13 g
- Saturated fat. .75 g
- Cholesterol. 80 mg
- **Sodium.** 600 mg

combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

Keep it as cool as a bowl of gazpacho

If you're looking for the perfect cold soup for the summer, you have to try my version of Gazpacho with Grilled Shrimp.

It's one of the healthiest soups you can eat, as it's made with all fresh vegetables with virtually no fat and only 58 calories per serving.

- **1.** Combine the tomato juice, vinegar and garlic in a large bowl.
- **2.** Combine the bell pepper, tomatoes, cucumber, green

onion and celery in a separate bowl and mix well. Add half the vegetable mixture to the bowl with the tomato juice.

- **3.** Purée the other half in a food processor or blender until smooth. Add to the bowl.
- **4.** Add the cilantro, basil, lemon juice, shrimp, jalapeño, salt and pepper to the bowl.
- **5.** Stir to combine well. Refrigerate until chilled.
- **6.** In a skillet cook the shrimp

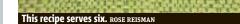
just until no longer pink. Serve shrimp with soup.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

naredients

- 2 1/2 cups tomato juice
- 4 tsp balsamic vinegar
- 2 tsp crushed fresh garlic
- 1 cup diced green bell pepper1 cup diced red or yellow bell
- 1 1/4 cups diced tomatoes
- 1 cup diced cucumber
- 1 cup chopped green onion
- 1 cup diced celery
- 1/4 cup chopped cilantro
- 2 tbsp chopped fresh basil2 tbsp freshly squeezed lemon
- 2 tbsp freshly squeezed lemo juice
- 6 large shrimp
- 2 tsp minced jalapeño pepper or hot chili paste, to taste
- pinch salt and freshly ground black pepper





22 SPORTS metronews.ca Monday, June 2, 2014

SPORTS L



Burris bound to CFL's rebirth in Ottawa

Oh Henry. Veteran QB excited to play his role in Redblacks' first season

Henry Burris could be seen shaking hands and signing autographs for eager fans long after his teammates had left the field.

The Ottawa Redblacks quarterback flashed his signature grin for every single fan and showed no sign of wanting to rush off on Sunday. It was clear he was just enjoying the moment.

When the 38-year-old, who turns 39 on Wednesday, signed with the Redblacks back in February he said he was committed to being an active member of the community and so far he's living up to his word.

"I looked forward to coming here and doing what it takes," said Burris. "I want to be a spokesperson with the rest of the guys to get people excited because I'm excited to be here in Ottawa and I look forward to sharing that with everybody."

Sunday was the first day of training camp for the Redblacks and Burris, along with a number of his teammates, adAfter 15 seasons in the CFL...

4th

Henry Burris, a two-time Grey Cup champion and the game's MVP in 2008, ranks fourth in touchdown passes (324), completions (3,672) and total yards (51,529).

mitted it felt pretty special to be part of something new.

"This is special, no doubt about it," said Burris. "Seeing the fans watching practice and kids lined up it just shows you how ecstatic fans are to have football back in this city." It's been nine years since CFL football was last played in Ottawa and the Redblacks are looking to make an instant impact, largely due to Burris' presence.

It's hard not to get caught up in Burris' energy. When he talks about his new team it's with excitement and enthusiasm and not the guarded optimism one might expect from someone about to lead an expansion franchise.

"We've got some good talent here," said Burris. "I think we're going to be competitive and we'll be fun to watch."

THE CANADIAN PRESS

French Open

Raonic, Bouchard smash door to quarter-finals

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarterfinals of the French Open.

Eighth-seeded Raonic, from Thornhill, Ont., dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Montreal's Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

Raonic will be the first Canadian man to play a Grand Slam quarter-final since Mike Belkin at the 1968 Australia Championships — now the Australian Open.

Bouchard is the first Canadian woman to make the quarter-finals in Paris since Helen Kelesi did it in 1989. THE CANADIAN PRESS

MLB

Blue Jays' D key in Buehrle's 10th win

Mark Buehrle is putting his faith in the fielding of his Toronto Blue Jays teammates and it's paying off.

mates and it's paying off.
"I need defence behind
me," Buehrle said. "It's a
key. I don't strike out many
guys so the ball is put in
play"

play."
The results showed again for the Blue Jays' soft-throwing left-hander, who became the first 10-game winner in the major leagues on Sunday in Toronto's 4-0 victory over the Kansas City Royals.

Buehrle pitched eight strong innings and was supported by home runs from Dioner Navarro and Edwin Encarnacion, as well as some solid defence.

THE CANADIAN PRESS

LeBron James and Tim Duncan will square off against each other in the championship series for a second straight season. MIKE EHRMANN/GETTY IMAGES

Familiar feeling to NBA Finals

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best."

Heat guard Dwyane Wade

has won one, lost one.

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"If I can compliment my own team humbly, to have that tough loss, especially the Game 6 and not have a pity party and come back this year and get back to the same position, I think that's fortitude," Spurs coach Gregg Popovich said.

THE ASSOCIATED PRESS

Scan the image with your Metro News app to get up to date on what to watch for in the 2014 NBA Finals.

Horoscopes

↑ Aries

March 21 - April 20

Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

Taurus April 21 - May 21

Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

|| Gemini May 22 - June 21

Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

9 Cancer June 22 - July 23

Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

Ω Leo July 24 - Aug. 23

A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too or yourself — too seriously.

W Virgo Aug. 24 - Sept. 23

Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

△ Libra Sept. 24 - Oct. 23

This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

M Scorpio Oct. 24 - Nov. 22

If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

7 Sagittarius Nov. 23 - Dec. 21

If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

17 Capricorn

Dec. 22 - Jan. 20 Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

≫ Aquarius Jan. 21 - Feb. 19

If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

H Pisces

Feb. 20 - March 20

Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. SALLY BROMPTON

Crossword: Canada Across and Down

20

23

Across

- 1. Trade 5. Radar signal 9. The Viscount (Canada's first Governor General, from 1867 to 1868)
- 14. Painter, Guy_ du Bois
- 15. Ancient symbol 16. Scent
- 17. "..._ my Annabel Lee..." Edgar Allan Poe 18. Feed the kitty
- 19. Wandering woofer 20. Victoria landmark known for its beautiful
- stained glass windows, Castle 23. Water wiggler
- 24. Too
- 25. Peter _(Winnipeg actor who plays Nick Collins on the police series at #49-Down)
- 29. Do what the WWE does, fun-style
- 31. Mr. Sajak 32. Not now
- 33. Hybrid instruments 36. Mike's "Wayne's
- World" (1992) co-star 37. Bargain events
- 40. Tokyo, once
- 41. More sweet
- 42. Farming implement 43. Mayim Bialik's '90s
- sitcom
- 45. River inlet 46. Canadian actor Mr.
- Bennett 47. One of Quebec's Magdalen Islands, Havre-
- 51. Piano company 53. Filmmaker, Gus Van
- 55. Onetime bird 56. Fun/upbeat music genre: 3 wds.
- 59. __ centre 62. Boo-Boo's pal
- 63. Torch type
- 64. Beatles: "Eight Days
- 65. Discharge

40

62

65

68

53

- 66. Beam 67. Windblown silt deposit
- 68. Baseball's Sammy 69. Notices Down
- 1. Dish-seasoning person
- fun bunch." ...said the family booking an
- adventure holiday 3. Yearly records 4. Mani-__ (Beauty

22

25

- parlour service) 5. Movies: Mr. Cooper
- 6. Belonging to Rome's moon god-
- dess

58

66

69

7. Something's start, shortly 8. __ pressure

27

28

- 9. Ace, to the Toronto Blue Jays 10. 'Straight'-meaning
- prefix 11. Neither's pal
- 12. Taylor Swift's let-

- See today's answers at metronews.ca/answers.

 BY KELLY ANN BUCHANAN tered award 13. Mary __ (Cosmet
 - ics company)
 - 21. Strong winds 22. Grannies: German
 - 26. Clean
 - 27. Sea eagle, vari-
 - antly
 - 28. 2014
 - 30. Distort 31. Fors
 - 34. Prefix to 'gram'
 - (Message kind)
 - 35. Brouhaha 36. Silly
 - 37. Nimble
 - 38. Et __ (And others, in Latin)
 - 39. Planter's purchase
 - 41. Jean __ (drug
 - store chain)
 - 43. Tell all
 - 44. Ms. Patel, "ET Canada" Entertainment
 - Reporter 46. Food Network
 - Canada's "__ Day Off"
 - 48. HRE's 'E'

 - 49. Global's "Blue" 50. Easy hole-entering
 - golf shots: 2 wds.
 - 52. Trees: Fir, fancy-
 - style 53. Sports replay
 - speed: 2 wds.
 - 54. Ancient shield
 - 57. Farewells
 - 58. Boardroom
 - events, briefly
 - 59. Pres. Coolidge
 - 60. Pacific island, Jima
 - 61. Sweater neck
 - shape

Friday's Crossword

P	E	'n	ŧ.		,8	'n	0	Ŕ	ľε		'n	'n,	g.	"K
ъ	L	A	Y		"k	E	N	A	N		'n	U	L	E
'n	A	L	E	'n	1	C	E	К	Т		8	Т	A	M
P	Н	ď	Т	0		η,	D	C		'n	0	0	D	5
			"E	R	'n	A		ğΤ	'n	0	U			
	w	'n,	5	Т	Е	R	'n	R	E	D	L	"1	"L	"Y
ъ	E	Х	Т	E	R		°o	U	S	E		'n	E	0
Ŷλ	1	Т	3			٩,	- 1	E			3	Ε	Α	×
74	9	R		"N	''lu	0	9		*3	°c	R	٨	P	E
*	Н	٨	al ^B	M	٨	C	Y	Ĉ	Н	A	1	N	8	
			4	M	0	K		ø	γ	N	C			
H	Å	'n	P	0		"H	ď	C		30	K	100	ኍ	"F
ъ	М	E	-1		°c	A	E	0	"T	Т	15	٨	1	L
Ъ	0	5	E		"o	N.	E	Т	A		°E	N	Ġ	E
°\	F	A	R		"ı	Т	5	Т	0		ъ	A	Т	A

Know what the weather will be 14 days from now. Check the 14 day trend.

5The Weather Network 2014

Sudoku

21

24

30

33

52

56

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	6	1	7	9	4	2	3	8
9	4	8	6	2	3	7	1	5
7	2	3	1	5	8	9	4	8
2	8	9	3	6	7	1	5	4
3	1	5	4	8	9	в	2	7
4	7	6	2	1	5	8	9	3
1	5	4	0	7	2	3	6	9
6	3	7	9	4	1	5	8	2
8	9	2	5	3	6	4	7	1

4	8	2				
	7	3	1	8		2
				9	5	7
5		4				
5 7						1
				3		9
9	2	7				
8		5	9	1	6	
				6	9	3

Today 27°/20° Thundershowers 40%

24°/15°

Tuesday

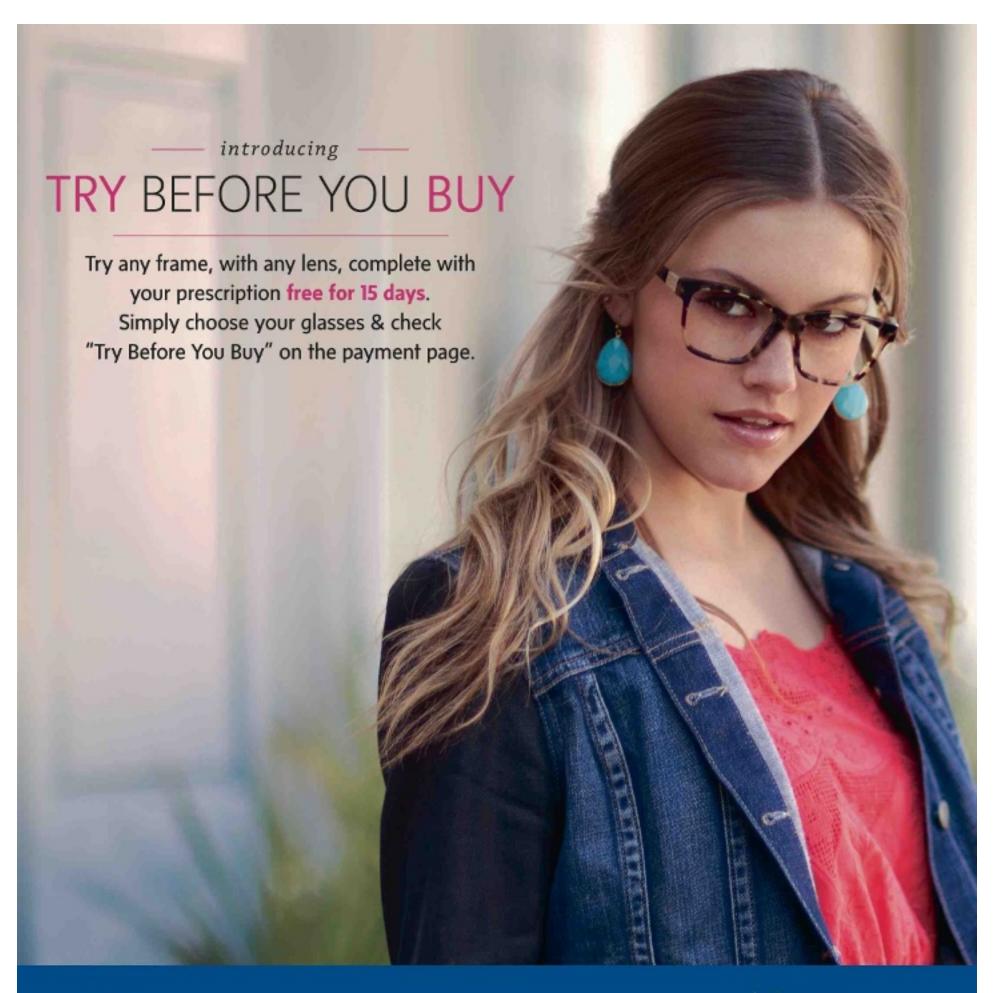
Thunderstorms 80%

HE SMART Download the FREE Metro app today!











THE BETTER WAY TO BUY EYEWEAR





